



# Prime Time News

## April 2016

Fitchburg Senior Center  
Volume VI Issue 4

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### Ping Pong League

Do you like playing ping pong? Has it been years since your last go around? Well, here is your chance to get back into it. Friday morning play. Call David at 270-4292 for more details



### Retiree Rebels Ditch the Rocking Chair !

Have you had the retirement talk? Not the one about money, the one about what to do with your life after you retire?

Carol Larson and Mary Helen Conroy, co-founders of RetireeRebels.com, will talk about that first, possibly rocky, year of retirement, and the next steps. Join the discussion and share your experiences, questions and advice.

Join Carol and Mary Helin on Thursday, April 7 from 1:00-3:00 p.m. at the Senior Center (upper level).

### Advance Care Planning: It's About the Conversation



What if a sudden illness or injury left you unable to speak for yourself? Who would you want to speak for you? A representative from Honoring Choices Wisconsin will be at the Fitchburg Senior

Center on **Wednesday, April 13 at 1:00 p.m.** Join us in a thought-provoking conversation to help make your wishes known. Learn vocabulary, reflect on your values, choose a health care agent, explore goals for treatment, and take the first steps toward completing an Advance Directive. Call the Senior Center to sign up for this free class.



### Wednesday Nite @ the Lab on Thursdays!

Join Judith Hirsch as she facilitates our next Wednesday Nite @ the Lab on **Thursday, April 21 at 1:00 p.m.** The previously recorded lecture, "The Bionic Ear" features speaker, Ruth Litovsky, Professor of Communication Sciences and Disorders and Surgery/Otolaryngology. Her research focuses on hearing abilities covering the lifespan of humans – from infants to elderly adults – on cochlear implants.

Following the video, Judith will hold a guided discussion. Registration is encouraged. Please call 270-4290. If you are interested in learning more about becoming a volunteer facilitator, please ask for Jill.

New Massage  
Therapist—See P. 5

## Ballroom Dancing!!!!



If you can walk, they can teach you to dance!

Under the guidance of instructors Mike & Deb Moe, the Senior Center is offering a five-week session on Fridays, April 1-April 29 from 1:00-2:00 p.m. Each session will concentrate on one dance style. Following each lesson Mike & Deb will host an Open Dance from 2:00-3:00 p.m. for participants and the general public.

Cost for the five-week session is \$25 per person and includes the Open Dance. If not registered for the class, Open Dance is a \$5 drop in. Registration and payment to the Senior Center. *Couples and singles welcome for the lessons and the open dance.*



## Attention Active Working Adults!

Still working, but looking for evening activities and social opportunities? We continue to offer game night on Thursdays as well as a Thursday evening movie each month. Stop by the Center on April 6, 13 and 20 at 7:00 p.m. for game night.

On Thursday, April 27 at 7:00 p.m. the movie:

*Spotlight* starring Michael Keaton



DEPARTMENT OF  
OBSTETRICS AND GYNECOLOGY  
University of Wisconsin  
School of Medicine and Public Health

The Fitchburg Senior Center is partnering with the UW School

of Medicine & Public Health to offer women who have bladder or bowel issues to participate in an upcoming workshop. Sessions are April 6, 20, and May 4 from 12:30-2:30 p.m. Workshop includes group activities, and simple dietary and exercise changes. Call today to register!

# HOT OFF THE PRESS!



## Outsmart The Scammers

Incidents of fraud are on the rise and scammers' tactics are becoming more complex. That's why it's important to educate yourself about fraud.

Learn important strategies to help protect yourself and the ones you love. We'll share:

- How to spot certain red flags that may indicate a fraudulent encounter.
- Resources you can turn to in the event you or a loved one is targeted.
- Steps you can take now to help protect yourself and your loved ones.

Newsletter advertiser and local business Edward Jones (Rob Waterman) will be the keynote speaker on this great topic! Wed., April 20 at 9:00 a.m. Call 270-4290 to register. Coffee and treats provided.

## Housing Expo—Coming June 9

Watch for more details in the May newsletter. The Fitchburg Senior Center is teaming up with Ruth Domack of First Weber and Sara Sigl of The Waterford to offer a one of a kind housing expo!



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# Groups



## Men's Group

Join us for our next meeting on

**Tuesday, April 12 at 2:00 p.m.**

For more info log on to:

[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)

and click on Men's Group on the left side.



**Active Women's Group** Join us for our next meeting on



**Tues., April 26 at 2:00 p.m.**

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)

and click on Active Women's Group.

## Couples Dinner Group

The next Couples Dinner will be held at Quivey's Grove on Tues., April 19. We will gather in the Barn for drinks and conversation at 5:00 and proceed to The Stone House at 5:30 where we will dine on the first floor. Bev Davis will send out details to those who have signed up for the group. If you would like to join the group, please contact Bev Davis at [Bevdavis@aol.com](mailto:Bevdavis@aol.com) or 466-3990.

## Ukulele Group

\*The Tuesday Uke group will continue to meet at 1:00 p.m. Players with some experience are welcome, as we are still learning too.

\*Thursday afternoon **intro/beginner group** meets through April at 1:00 p.m. Emphasis on simple songs. 270-4290 to register for beginner.



# iPad

## iPad iPad iPad.... Is Back!

Get a new iPad and want to learn some quick and easy tips to take you from beginner to intermediate and beyond? This is the class for you. Join the FACTv Department on Monday, April 18 from 10:30 a.m.—12:00 p.m. Free class, but you must call to pre-register. 270-4290 ✓

**!!Coming in May.....music streaming, blue tooth speakers & demo w/ David!!**



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**Save The Date—Older Americans  
Month—Featuring the Fitchburg  
Singers! Wednesday, May 11.**



## Fitchburg Historical Society

**Presents: Ed Janus - Fitchburg Library**

Author, journalist, oral historian, dairy farmer & entrepreneur!

Ed will be presenting Sunday, April 17 at 1:30 p.m. to describe

"How cows created Wisconsin". Join us!

# Learning Annex

## Learning Annex—Improving Nutrition

The benefits of adopting a healthy diet include increased mental awareness, resistance to illness, higher energy levels, and better management of chronic health problems. Healthy eating also contributes to positive outlooks and staying emotionally balanced.

Learn more about improving your diet from Krista Kohls, Nutrition Educator from Meriter/Unity/Point Health.

Join us on Tuesday, April 19 at 2:00 p.m.



# Art



## Independent Painting Studio with Mary Ann Inman (any medium)

April 13—May 25 (seven weeks every Wed.), from  
10:00 a.m.—12:30 p.m.

Instruction and facility fee \$140. Checks made out  
to the Fitchburg Senior Center.

Call 270-4290 to register.

## Cards With Katie

Join us for an afternoon of paper crafting on  
**Monday, April 11 at 1:00 p.m.** Stamp – cut –  
punch – glue – and have fun playing with paper.  
For more details go to [www.StampLadyKatie.com](http://www.StampLadyKatie.com)  
or log on to the Senior Center webpage.

Cost \$11.50.

Payment due to the Senior Center one week  
prior to class. 270-4290

# Travel

**Day Trips:** Please let us know your  
ideas for day trips !



## Extended Travel opportunities:

### (New) Pella Tulip Time-May 4-6

Motor coach tour including Dubuque, Iowa  
Botanical Garden; open -air wagon tour of Pel-  
la, Iowa; famous Grandstand show; Tulip time  
parade; visit to Amana Colonies; \$577 per  
person double; \$676 single

### Canadian Rockies-July 21-29

(Only a few seats left!)

Calgary, Glacier National Park Lodge;  
Banff National Park; Jasper National Park;  
Lake Louise; Glacier Skywalk; \$3,649 per  
person/double occupancy

### (New) Arkansas Autumn Foliage October 4-9

Motor coach tour including Hot Springs Na-  
tional Park; travel on the Arkansas Missouri  
Scenic Railroad and Branson's hottest shows;  
\$1,349 per person/double occupancy

**Brochures available on the ground floor of the  
FSC. Questions?**

Contact Judy Broad at 271-9077



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## REACH Book Club

REACH Book Club will meet on April 14, 2016, 1:30 p.m. at the Fitchburg Senior Center. We will discuss the book, *Remarkable Creatures* by Tracy Chevalier. "When Mary Anning uncovers an unusual fossilized skeleton in the cliffs near her home on the English coast, she sets the religious fathers on edge, the townspeople to vicious gossip, and the scientific world alight. Luckily, Mary finds an unlikely champion in prickly Elizabeth Philpot, and in the struggle to be recognized in the wider world, Mary and Elizabeth discover that friendship is their greatest ally." Discussion questions available in David's office.

We are close to the end of our year and will choose books for next year at the June meeting. If you have suggestions for next year either drop them off in David's office or email them to [dmul-laly@att.net](mailto:dmul-laly@att.net).

**May—*Just Mercy*** by Bryan Stevenson (This book is the choice for Madison's 2015 *Go Big Read*)

**June** - Choose books for the next year



## Mystery Book Club

The *I Love a Mystery Book Club* will meet on Thursday, April 28, 2016 at 1:30 p.m. at the Fitchburg Senior Center. (the 4th Thursday). The book for April 28 is *The Bones Beneath* by Mark Billingham.

**Don't Forget!**

For weekly updates, visit our web page at [www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com) and then click on the You Tube link to our channel to view "What's Happening at the Fitchburg Senior Center."



# Health

P.5

## Dementia

**Learn how to understand and respond to dementia-related behavior**

Brought to you by the Alzheimer's Association of South Central Wisconsin.

Monday, April 11 at 2:00 p.m.

Free. Call 270-4290 today to register.

## **Come Meet Our New Massage Therapist—Denny Ginko**



During the last 20 years as a professional massage therapist, I've work-traveled across 49 states, Canada, Western Europe and the Bahamas providing therapeutic/deep-tissue massage for thousands of people, including international touring artists, off-Broadway productions, and their crews, in addition to my own private clientele. My goal in each session is to meet you where you are that day, calm the nerves, deepen the breath, break up soft-tissue adhesions, create *inner* space, and leave you feeling lighter, more mobile, and energized. I consider it an honor to do this work for people, and it is something that I am very passionate about.

**Come get to know Denny on Tuesday, April, 26 at 1:00 p.m.**

## **Pickleball Clinic Turnout**

We want to thank National Champion Dave Weinbach for putting on a free clinic for us. Also a BIG thanks to Pro-Lite Paddles based out of Port Washington Wisconsin for providing demo paddles! The clinic brought in over 55 players!

## UW Ext. Nutrition w/ Tonia

Topic: Colorful & Classic Favs!

Tuesday, April 5 at 11:30 a.m.



## FACTv Live Broadcasting!!

Enjoying "Talking Fitchburg" live from 9:00-10:00 a.m. in the Senior Center dining room!

April 11-15 (National Volunteer Week)

We're hosting a

# Gatsby Party

**Friday, April 22, 2016 5:00-7:00pm**

- Champagne and beverages · Buffet-style dinner
- Live music · Wear '20s or black tie attire!

**Enter to win a gift basket!**

Seating is limited.  
RSVP to (608) 729-4894 by April 20



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# Games & Movie

## Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Bunko—Wed. @ 1:00 p.m.

Cribbage—looking for players—call.

## \$20 Blackout Bingo!! April 14

Special sponsor—Sylvan Crossings

\$20 jackpot!

Game begins promptly at 12:30 p.m.

## Special Bingo Day!

Join us for lunch on Thursday, April 14 at 12:00 p.m. Officers from the Fitchburg Police Dept. will be serving lunch, followed by bingo! The last game (blackout) you have a chance to win \$20 cash!



## SENIOR CENTER LIBRARIES REMINDER

The Senior Center has two libraries. The books and DVDs shelved next to the fireplace belong to the Senior Center. The books inside the door are from the Dane County Library Service and these books are replaced on the fourth Friday of each month. Please use the check out and return sheets.

The Dane County Library Service Home Service Program supplies materials by mail to qualified individuals who are unable to use the library due to an ongoing physical condition. Anyone interested in participating in this program should call (608) 266-9297 weekdays, 8:00 a.m. - 4:00 p.m., for additional information or email

[driscoll@dcls.info](mailto:driscoll@dcls.info).

## Movie Day— Brooklyn

Fri. April. 15 at 12:40 p.m.. 1:51 run time.

89% Rotten Tomatoes Rating



# Exercise Opportunities

P.7



## Games Worth Playing

Get ready! It's coming! The Wisconsin Senior Games offers competitive events for seniors 50 + from June 4 - 18, 2016. Events are held in Madison and the surrounding area. Registration books are available, or check [www.WiSeniorGames.org](http://www.WiSeniorGames.org).

Registration opens April 1.



## Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.



## Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.

## Yoga W/ Kurt



Classes are currently in session. Call 270-4290 to find out more details on the start of the new sessions!

## Tai Chi Thursdays

8:30 a.m. Cost-\$2 drop-in. Beginners welcome.

## Ping Pong Fridays!

## Pickle Ball—NEW HOURS

Every Tuesday. Advanced Play 8:30-10:30 a.m. Beg./Inter. 10:30 a.m.—12:30 p.m. Open play 1:00-3:00 p.m. in the upper level Oak Hall Room. Free!

## Zumba Gold w/ Jackie

April 29—June 17 (Eight weeks).

10:00—10:45 a.m. \$50.

Call 270-4290 to register and pay.



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# Transportation Services <sup>P.8</sup>

**Meals**—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

**Shopping**—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

**Medical Appointments**—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

**Shuttle Service**— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

## Health, Help & Renewal

### Footcare/Fingernail

—Home Health United. Offered 2nd & 4th Wednesday of each month. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.

### Pre and Diabetic Footcare

**April 15**

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

### Blood Pressure—

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month 10:30-11:30 a.m. No appt. needed.

### Massage Therapy

June Newman  
LMT,NCTMB.  
Mon./Thurs.  
Afternoons

### Massage/Reflexology

Gregory Newman  
LMT,NCTMB.  
Wed. Afternoons

### **Caregiver Support**

Thurs. April. 14 at 10:00 a.m.

### Cost:

\$30 for 30 min.  
\$50 for 60 min.  
\$70 for 90 min.

Sign up at  
270-4290.

Cancellations must be made 24 hrs in advance to avoid being charged.

### Senior Center Help

- ♦ Home visits
- ♦ Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

Acupuncture with Matthew Wagner will no longer be held at the Senior Center. Matt continues to build on his private practice. Call if you would like his contact info.



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## Social Services

## Class Registration/Payment

Class: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cash: \_\_\_\_\_

Check: \_\_\_\_\_

**Program Cancellation Policy:** Class payments must be received seven days prior to the start of class. Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

## Class Registration & Payment

As the Senior Center continues to improve on its policy and procedures, one area that needed attention was registration and payments for classes. In the past, depending on the class and instructor, participants either paid the instructor directly or paid the Senior Center. **All class payments will be made out to the Senior Center and can be mailed in or dropped off at the front desk. The form you see on page 9 will be required when payment is made.** By streamlining the payment process, we are able to track class sign-ups more efficiently and let people know further in advance if the class needs to be canceled. ALSO beginning this month we will be taking credit card payments! At this time we can only take credit cards in person or over the phone. Online class registration is not possible yet.

Thanks to everyone who attended the Pancake Breakfast and made it such a successful fundraiser!

Thank you to all the volunteers and staff who did such a fine job working at the Pancake Breakfast! It's still not too late to make reservations for the upcoming "Pella Tulip Time Trip" May 4-6, 2016. Hurry, because it's filling up! Contact Sue Sheets at 835-3267 or sesheets@charter.net for information. Fifteen people associated with the FSC were among the travelers who enjoyed the recently concluded "Gulf Shore Breezes Trip." The reviews of this trip were very positive. Commissions earned on such trips provide significant funds that are used by the FSCFriends to support the programs and activities of the Fitchburg Senior Center. The FSCF will be paying for new lighting in the display case on the wall of the hallway near the Swan Creek Room to provide much-needed illumination.

## 2016 Newsletter Subscription \$10

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year 2016 is \$10. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pick up the newsletter for free or have it emailed to you. Call David for details.

Return to: 5510 E. Lacy Rd. Fitchburg, WI 53711

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# 2016

Senior Dining



Fellowship, Food & Fun

**Reservations must  
be made by 12:00 the  
day before by calling  
270-4290**



Salad Option Thursdays  
(Salads are dine-in only)

7<sup>th</sup> - Garden  
14<sup>th</sup> - Taco  
21<sup>st</sup> - Chef's Tuna  
28<sup>th</sup> - Chicken Ranch

**Friday 1**

\*Pork Roast Gravy  
Brown Rice  
Beets  
Pineapple/Orange Mix  
Multi Grain Bread  
Strawberry Ice Cream  
**VO: Brown Rice & Beans**

**Monday 4**

\*Meat Balls in Gravy  
W.W. Egg Noodles  
Squash  
Sliced Pear's  
Cookie  
**VO-Veggie Noodle Casserole**

**Tuesday 5**

Baked Chicken  
Baked Potato w/ &  
Sour Cream  
Brussel Sprout  
Fresh Orange  
Enriched Bread  
**V.O. Baked Pot w/ Cheese Sauce**

**Wednesday 6**

Hearty Bean Soup  
Chicken Salad on  
W.W Bread w/Lettuce  
Tomato Juice  
Fruit Cocktail  
Cake  
**VO: Cheese Sandwich**

**Thursday 7**

Pepper Steak  
w/Onions  
Brown Rice  
Oriental Mix  
Apple Slices  
W.W. Bread  
**VO Veggie Pepper Mixture**

**Friday 8**

\*BBQ Rib  
Cheesy Potato's  
Green Beans  
w/Almonds  
Chunky Applesauce  
W.W. Bread  
Blueberry Pie  
**V.O: Veggie Sausage**

**Monday 11**

Mac & Cheese  
Broccoli Flowerets  
Pear Half  
Dinner Roll  
Apple Pie

**Tuesday 12**

\*Scalloped Potatoes  
W/Ham  
Brussel Sprout  
Apricots Half  
W.W. Bread  
Vanilla Ice Cream  
**VO: Scalloped Potato Casserole**

**Wednesday 13**

Open Face Hot Roast  
Beef Sandwich/Gravy  
Mashed Potatoes  
Green Beans Cubed  
Cantaloupe  
**VO: Veggie Burger**

**Thursday 14**

Lasagna  
California Blend  
Tropical Fruit Salad  
W.W. Roll/Butter  
Jell-O w/Topping  
**VO: Vegetarian Lasagna**

**Friday 15**

Chicken & Dumplings  
Peas & Onions  
Mandarin Oranges  
Enriched Bread  
Sugar Cookie  
**VO: Hummus Wrap**

**Monday 18**

Swiss Burger on Bun  
Onion Slice  
Corn  
Coleslaw  
Fruit Cup  
**VO: Veggie Burger**

**Tuesday 19**

Potato Crusted Fish  
Augratin Potatoes  
Carrots  
Tropical Fruit Salad  
W.W. Bread  
Carnival Cookie  
**V.O. Augratin Potato Casserole**

**Wednesday 20**

Marinated Chicken  
Breast  
Wild Rice Mix  
Broccoli  
Fresh Fruit  
Whole Grain Roll  
Chocolate Cream Pie  
**VO: Hummus Wrap**

**Thursday 21**

\*BBQ Pork on  
W.W. Bun  
Three Bean Salad  
Banana  
Pumpkin Bar  
**VO-Veggie BBQ**

**Friday 22**

Beef Stew  
Pineapple Tidbits  
Biscuit  
Vanilla Pudding  
w/Topping  
**VO: Vegetarian Casserole**

**Monday 25**

Meat Sauce over  
W.W. Mostaccioli  
Parmesan Cheese  
Brussel Sprout  
Apricots Half  
Garlic Bread  
**VO: Veggie Spaghetti Sauce**

**Tuesday 26**

Chili  
Fresh Apple  
Orange Juice  
Corn Brea  
Jell-O Cake  
**VO: Veggie Chili**

**Wednesday 27**

\*Meatloaf  
Boiled Red Potatoes  
Corn  
Chunky Applesauce  
W.W. Bread  
**VO: Veggie Patty**

**Thursday 28**

Roast Pork  
Twice Baked Potatoes  
Potatoes  
Peas and Onions  
Melon Mix  
Cloverleaf Roll  
Coconut Cream Pie  
**VO-Veggie BBQ**

**Friday 29**

Chicken-Ala-King  
Biscuit  
Italian Green Beans  
Apricots Half  
Lemon Bar  
**VO-Veggie Ala-King**

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

3/1/16 12:07

# April 2016

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
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# Aging Mastery Program®

Join the adventure!



## Aging Mastery Program®

*National Council on Aging*

The Fitchburg and Oregon Senior Centers will be co-sponsoring the Aging Mastery Program® soon!

The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this ten week program, you will:

- Gain impactful changes in your health behaviors, financial well-being and enrichment later in life.
- Increase your knowledge in the following areas: exercise, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships, fall prevention and community engagement.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.

**Limited spots available: Sign up now!**

AMP will launch on April 27<sup>th</sup>, but participants have to be signed up by April 20<sup>th</sup>. It will take place weekly at the Fitchburg Senior Center from 1:30 to 3:30 PM.

**This program is valued at \$100 but will only cost you \$25.  
Scholarships and transportation available.**



Please RSVP to the Fitchburg Senior Center at 270-4290 or email at [Jill.Mchone@fitchburgwi.gov](mailto:Jill.Mchone@fitchburgwi.gov) Please respond by April 20<sup>th</sup> if you are interested.